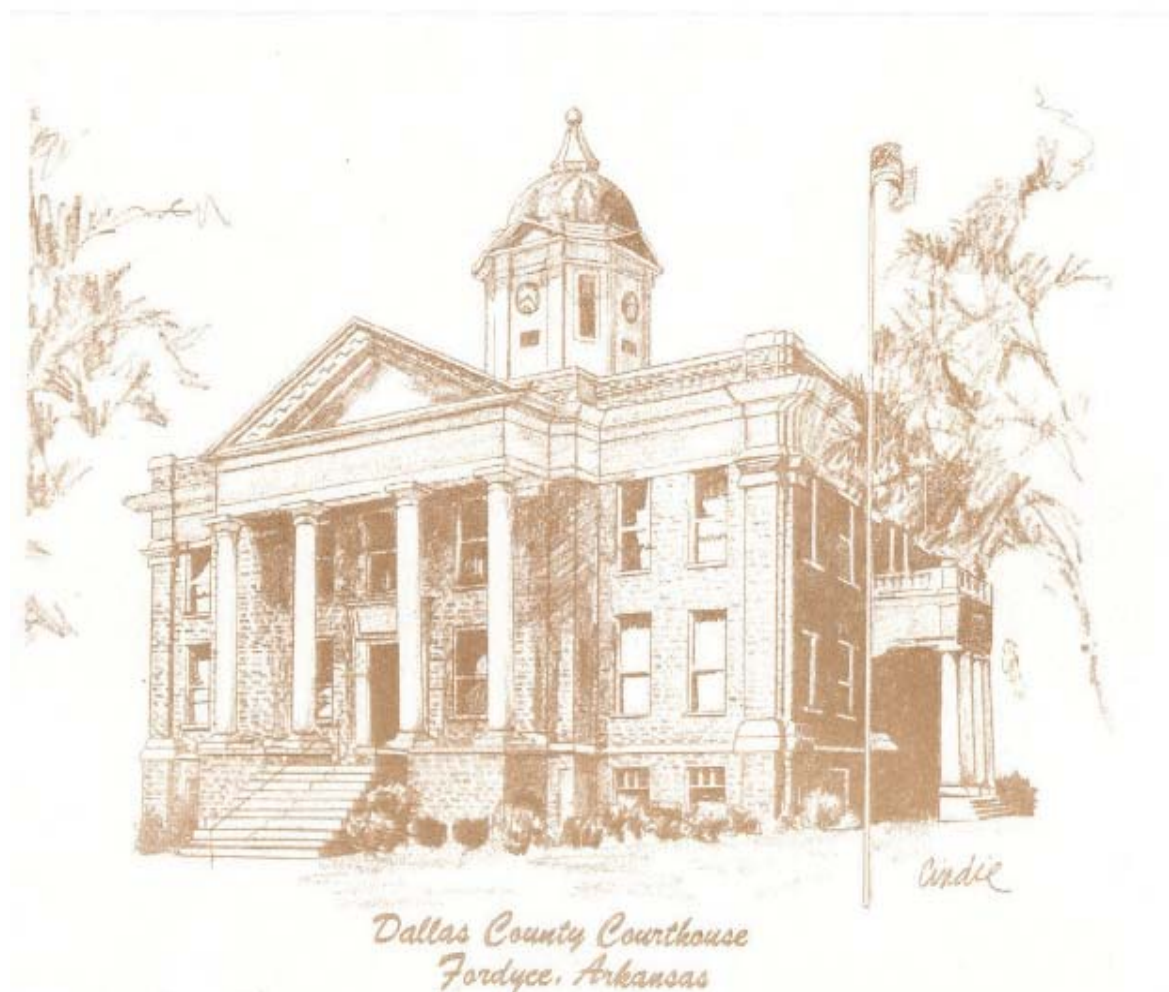


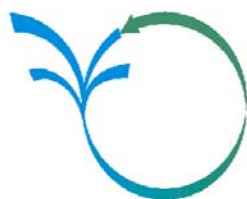
2002 Dallas County Behavioral Risk Factor Survey



Coordinated by:

Dallas County
and

**Arkansas Department of Health
Center for Health Statistics**



BRFSS

2002 Dallas County BRFSS
Adult Risk Factor Survey
Behavioral Risk Factor Surveillance System

MAY 2003

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An Introduction: Dallas County 2002 BRFSS

What Is Hometown Health Improvement?

Hometown Health Improvement is a grassroots initiative that stresses cooperation, coalition building, community health assessment, prioritization of health issues, and the development and implementation of strategies designed and sustained locally. As part of this initiative, Dallas County conducted the Behavioral Risk Factor Surveillance System (BRFSS) survey.

What Is the BRFSS?¹

In the early 1980s, the Centers for Disease Control and Prevention worked with the states to develop the Behavioral Risk Factor Surveillance System. This state-based survey, the first of its kind, collected, analyzed and published information on the prevalence of risk behaviors among Americans and their perceptions of a variety of health issues.

Now conducted in all 50 states, the BRFSS continues to be the primary source of information on major health risk behaviors among Americans. State and local health departments rely heavily on BRFSS data to:

- Determine priority health issues and identify populations at highest risk.
- Develop strategic plans and target prevention programs.
- Monitor the effectiveness of intervention strategies and progress toward prevention goals.
- Educate the public, the health community, and policymakers about disease prevention.
- Support community policies that promote health and prevent disease.

BRFSS information is also used by researchers, voluntary and professional organizations, and managed care organizations to target prevention efforts. Recognizing the value of such a system in addressing priority health issues in the coming century, China, Canada, and other countries have looked to CDC for assistance in establishing BRFSS-like systems for their own populations.

BRFSS data can be analyzed by a variety of demographic variables, including age, education, income, and racial and ethnic background. The ability to determine populations at highest risk is essential in effectively targeting scarce prevention resources.

¹ From the Centers for Disease Control and Prevention, About the BRFSS. <http://www.cdc.gov/nccdphp/brfss/about.htm>
Atlanta, Georgia.

Why Did Dallas County Conduct the BRFSS?

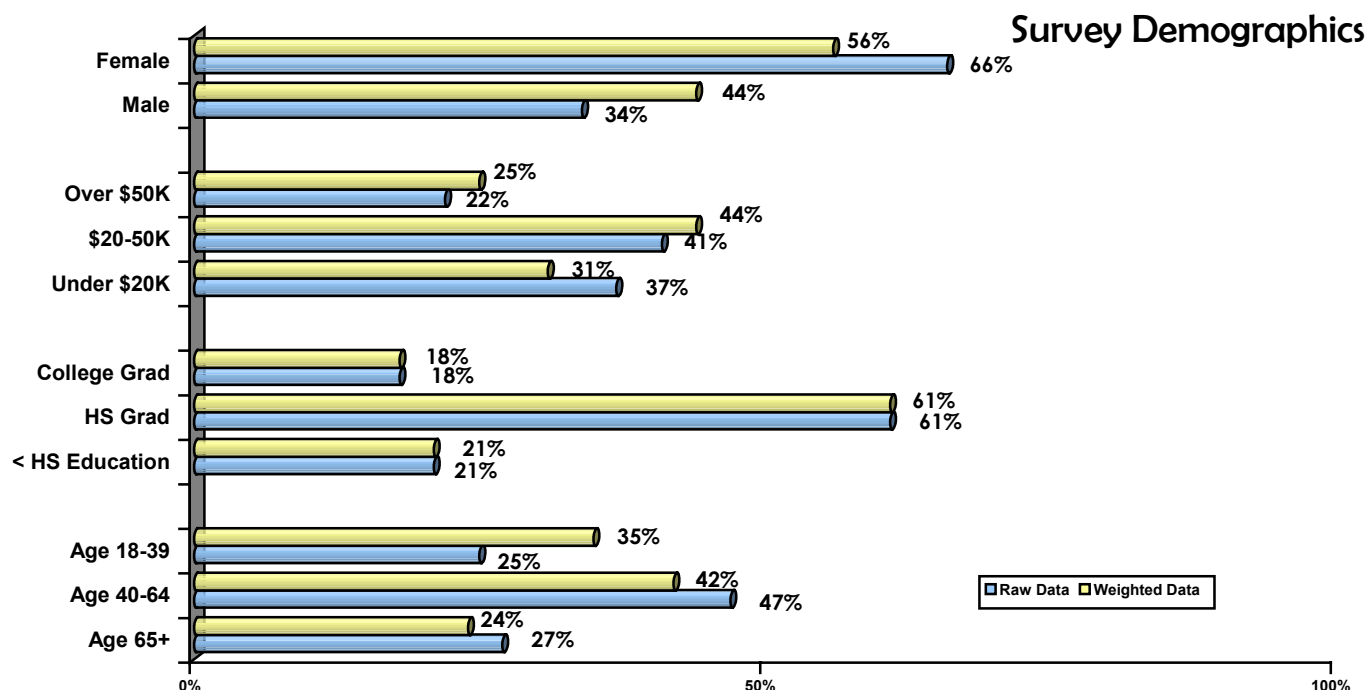
As the demand for data at a local level has increased, state, county, and local health agencies have begun using the BRFSS to develop county and local information about health risk behaviors. The Dallas County BRFSS was conducted to gather health information on a variety of behaviors that can impact health in both good and bad ways, including smoking, exercise, diet, access to medical care, dental health, quality of life, chronic diseases, cancer screening, and other health related issues.

How Did Dallas County Conduct the BRFSS?

During November 2002, 431 randomly selected adults answered the Dallas County BRFSS telephone survey. Interviews were conducted and supervised by trained telephone research interviewers at the University of Arkansas at Little Rock's Institute of Government. The data were then weighted to be representative of the sex and age distribution of Dallas County. All percentages presented in this report are rounded to the nearest whole percent.

Who Participated in the Dallas County BRFSS?

Of the 431 people who were interviewed, 146 were men and 285 were women, and 284 were white and 142 were black. The following chart summarizes the demographics of the survey participants as both raw numbers and as weighted data. All other data presented in the report is based on the **weighted** data.



For More Information about the Dallas County BRFSS

Interested parties may request additional information. Researchers and professionals wanting to build upon Dallas County's 2002 BRFSS data may request additional data from:

Dallas County
Cheryl Denison, Hometown Health Leader
Dallas County Health Department
209 North Clifton
Fordyce, AR 71742
870-352-7197
cdenison@healthyarkansas.com

For more information about the Behavioral Risk Factor Surveillance System or analysis of the survey data, please contact:

Arkansas Center for Health Statistics
Sharon Judah, Lead Programmer Analyst
4815 W. Markham Street, Slot 19
Little Rock, AR 72205
501-661-2194
sjudah@healthyarkansas.com

Risk Factors

Health Status

The survey asked respondents to rate their general, physical, and mental health status.

General Health

Risk Factor Definition: General Health

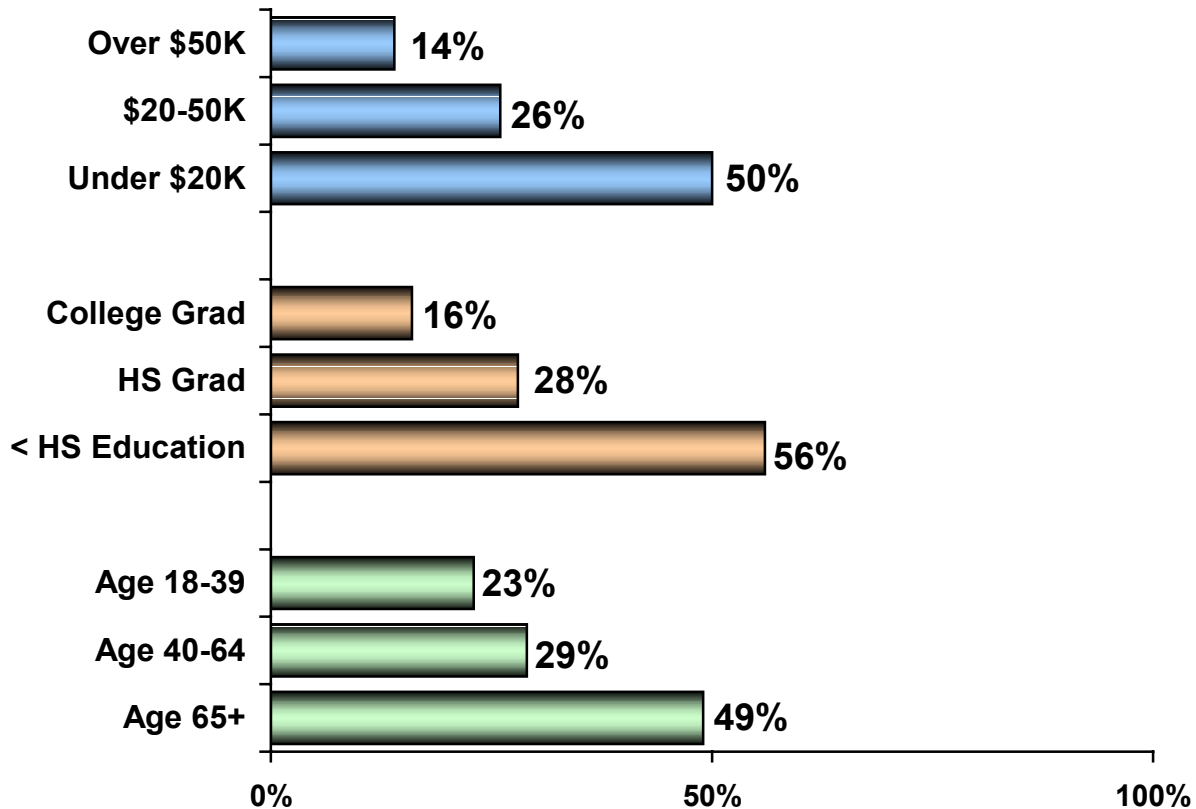
Question: Would you say that your general health is "excellent," "very good," "good," "fair," or "poor?"

At Risk: Those who answered "fair" or "poor" are considered at risk.

Who's At Risk in Dallas County?

Thirty-one percent characterized their general health as fair or poor. Younger people and people with more income or education tended to report better general health.

Reported General Health as Fair or Poor



Physical Health

Risk Factor Definition: Physical Health

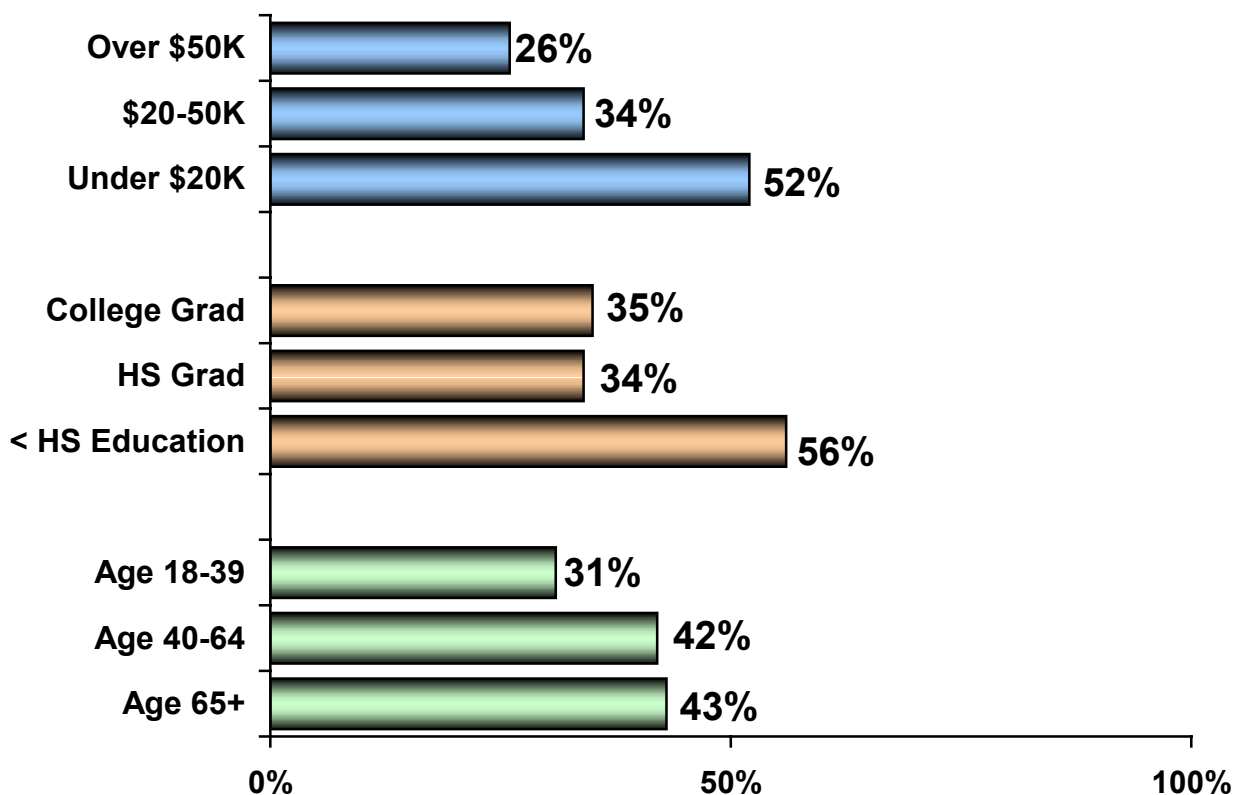
Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

At Risk: Having one or more self-reported days of “not good” physical health.

Who's At Risk in Dallas County?

Thirty-nine percent of Dallas County adults had at least one day a month of poor physical health. According to the survey, the average Dallas County adult had 5 days of bad health and 5 days each month when health problems interfered with usual activities. Older people and people with less income were more likely to be affected by poor health.

Reported Physical Health Not Good One or More of the Past 30 Days



Mental Health

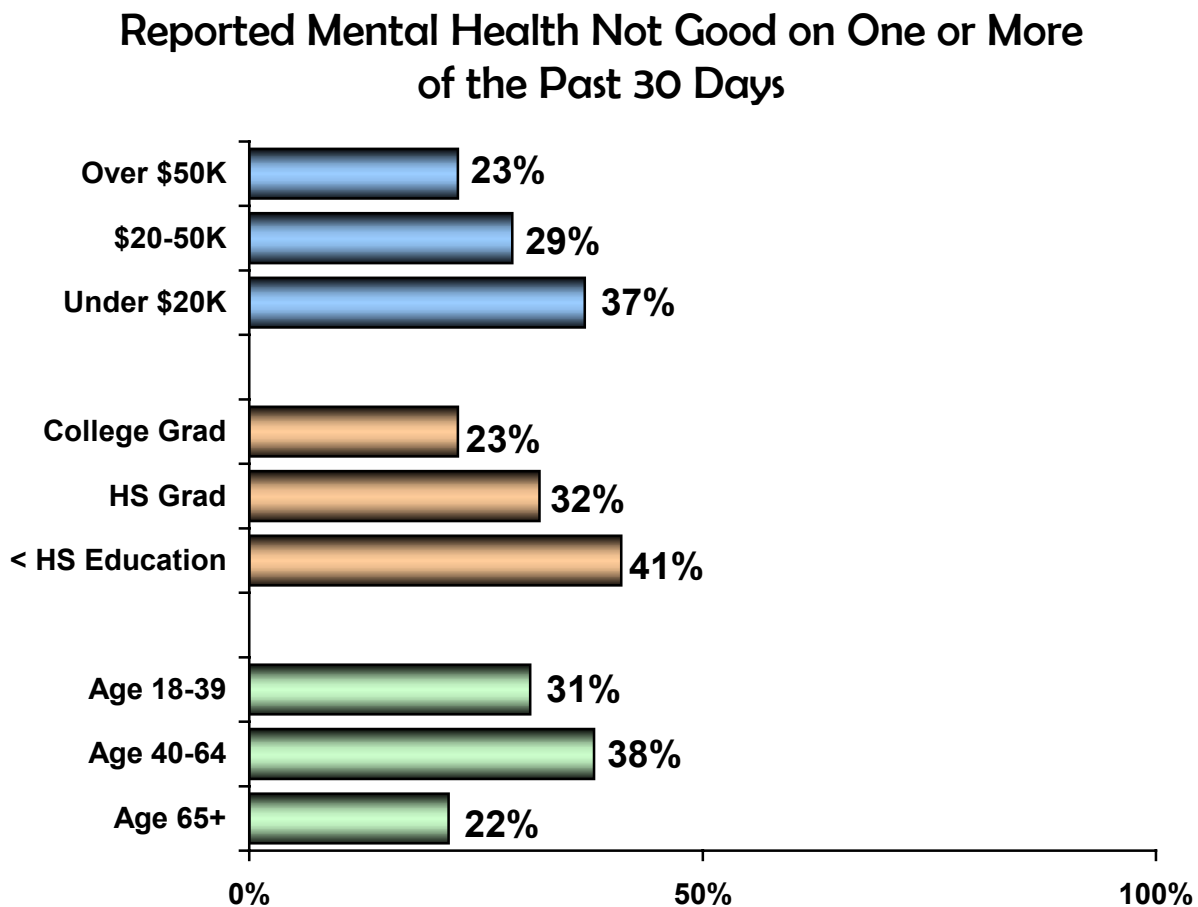
Risk Factor Definition: Mental Health

Question: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

At Risk: Having one or more self-reported days of “not good” mental health.

Who's At Risk in Dallas County?

Thirty-two percent had at least one day of poor mental health in the past month. The average Dallas County adult had 4 days each month of poor mental health. People with annual household incomes of less than \$20,000 and people aged 40 to 64 were more likely to report at least one day of poor mental health in the past month.



Health Care Access

The survey asked if respondents had health insurance and about barriers to getting insurance.

Health Insurance

Risk Factor Definition: Health Insurance

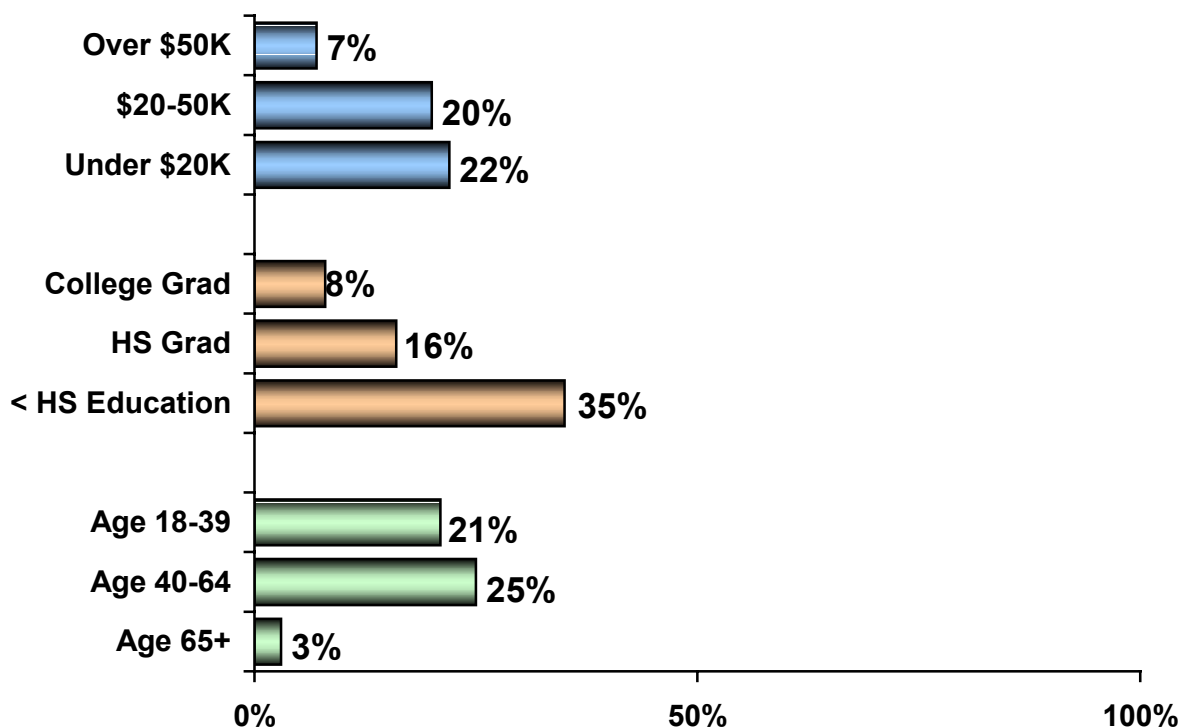
Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

At Risk: Those who answered “no” are considered at risk.

Who's At Risk in Dallas County?

Eighteen percent said they didn't have health insurance, with younger respondents and those with less education or income less likely to be insured. Of those without insurance, 42 percent cited a lost job as the primary reason they didn't have coverage.

Do Not Have Health Insurance



Routine Checkup

Risk Factor Definition: Checkup

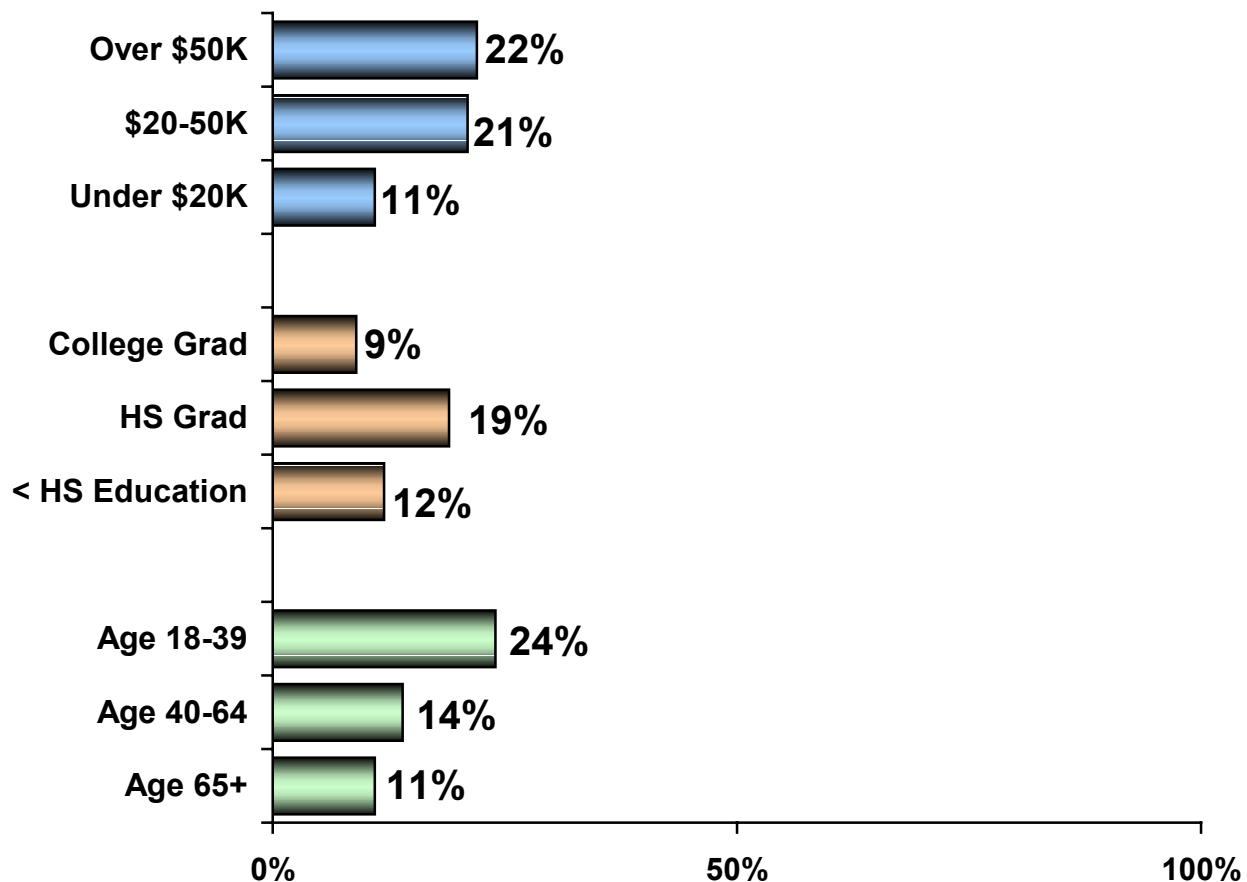
Question: About how long has it been since you last visited a doctor for a routine checkup?

At Risk: Those who reported not having a routine checkup within the past two years are considered at risk.

Who's At Risk in Dallas County?

Sixteen percent said they had not seen a doctor for a routine checkup within the past two years. Younger adults and people with annual incomes above \$20,000 were less likely to have had a routine checkup within the past two years.

Have Not Had a Checkup within the Past 2 Years



Chronic Conditions

Questions regarding specific chronic medical conditions were included in the Dallas County BRFSS survey.

Diabetes

Risk Factor Definition: Have Diabetes

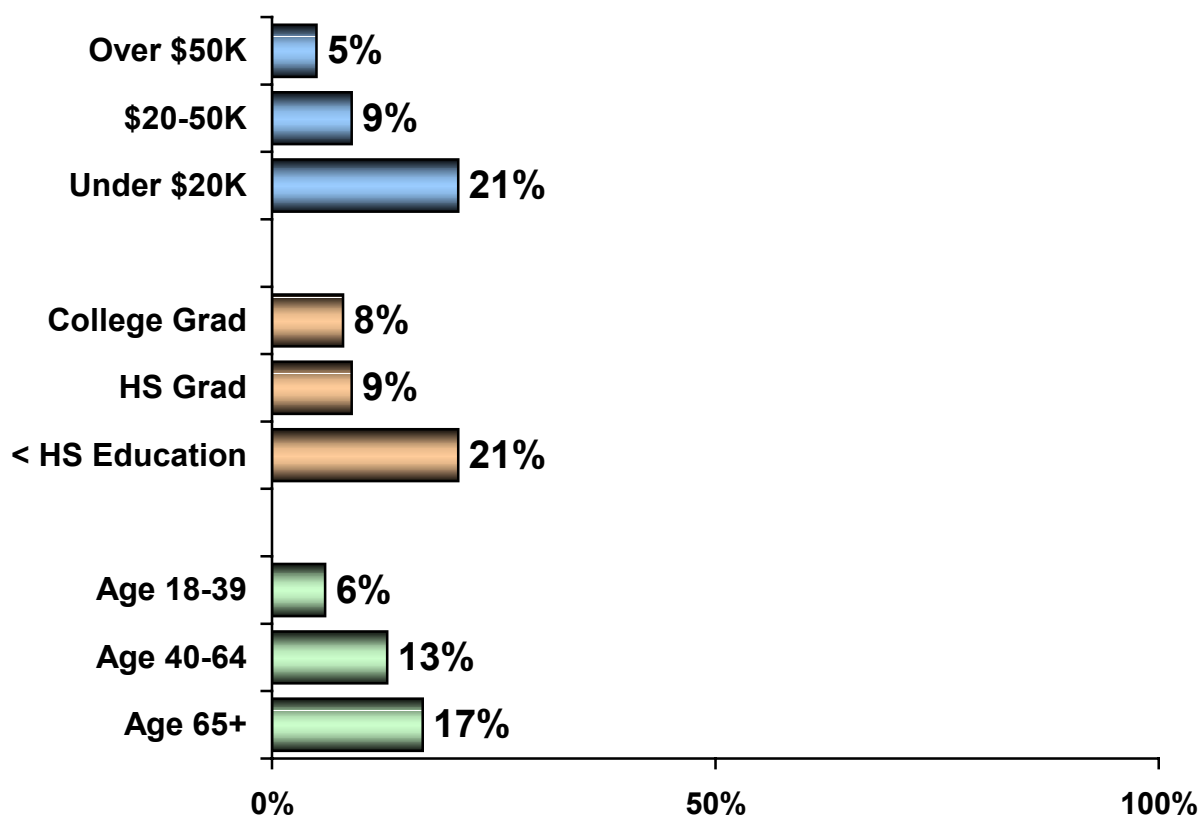
Question: Have you ever been told by a doctor that you have diabetes?

At Risk: Those who answered “yes” are considered at risk.

Who's At Risk in Dallas County?

Eleven percent of Dallas County adults have been given a diabetes diagnosis by a doctor. Older people, people with lower incomes, and those with less education were more likely to report a diabetes diagnosis than others.

Have Diabetes



Questions regarding specific chronic medical conditions were included in the Dallas County BRFSS survey.

Hypertension Awareness

Risk Factor Definition: Have High Blood Pressure

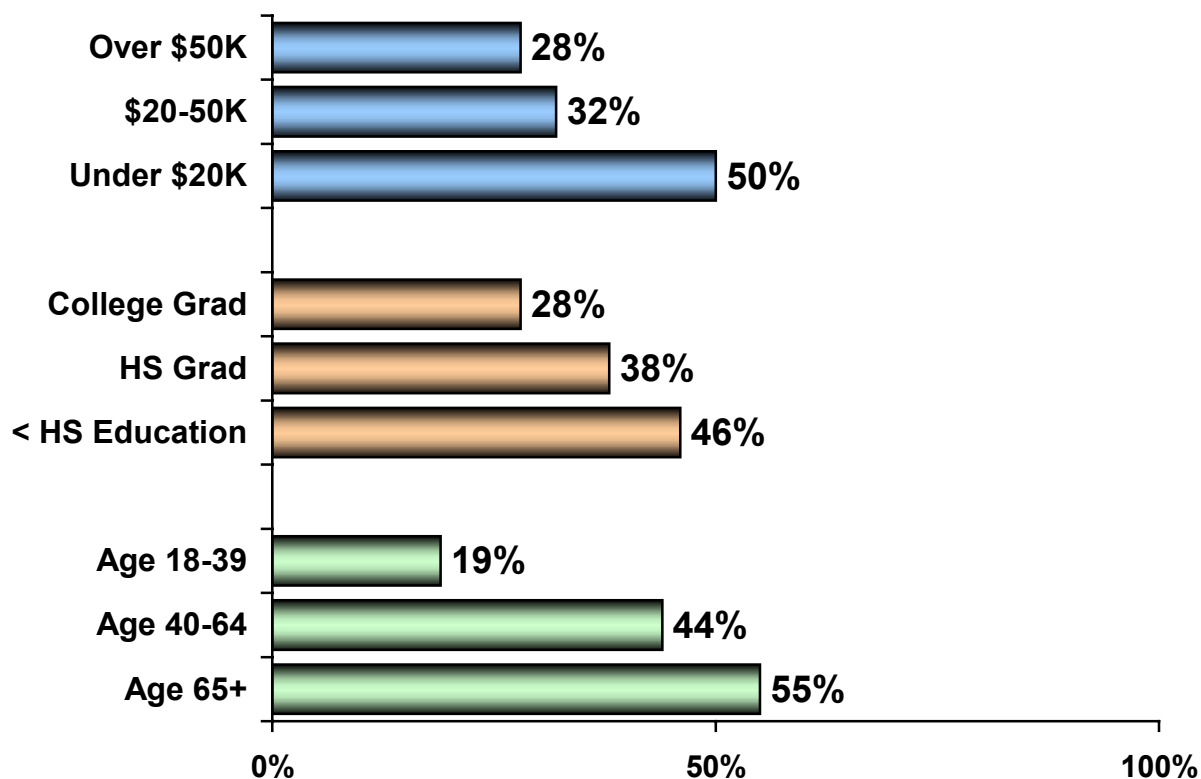
Questions: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure? -and – Are you currently taking medicine for your high blood pressure?

At Risk: Those who answered “yes” are considered at risk.

Who's At Risk in Dallas County?

Thirty-eight percent of Dallas County adults have been told they have high blood pressure by a doctor. Older people, people with incomes under \$20,000, and those with less than a high school education were more likely to report a high blood pressure diagnosis than others.

Have High Blood Pressure



Questions regarding specific chronic medical conditions were included in the Dallas County BRFSS survey.

Cholesterol

Risk Factor Definition: Have High Blood Cholesterol

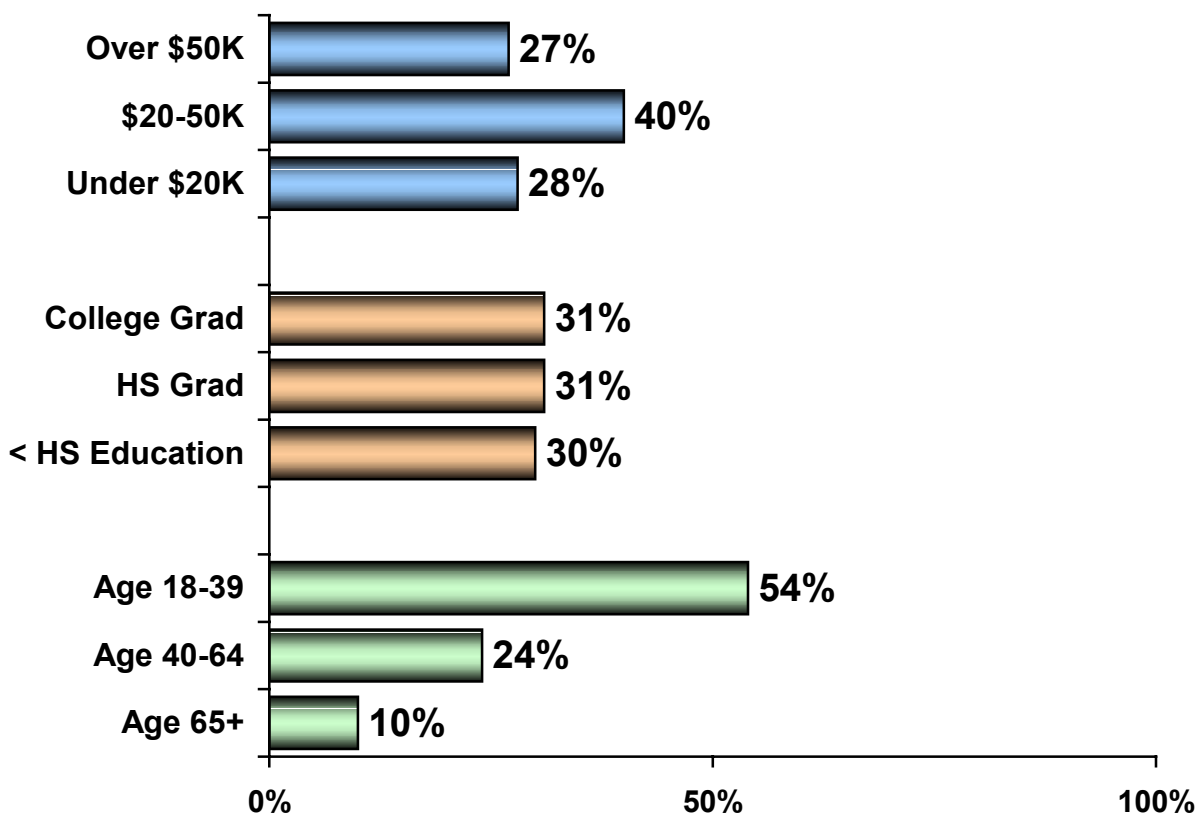
Question: Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

At Risk: Those who answered “no” are considered at risk.

Who's At Risk in Dallas County?

Thirty-one percent of Dallas County adults have never had their blood cholesterol tested. Younger people and people with incomes between \$20,000 and \$50,000 were less likely to have ever had their blood cholesterol checked.

Blood Cholesterol Tested



Cholesterol

Risk Factor Definition: Have High Blood Cholesterol

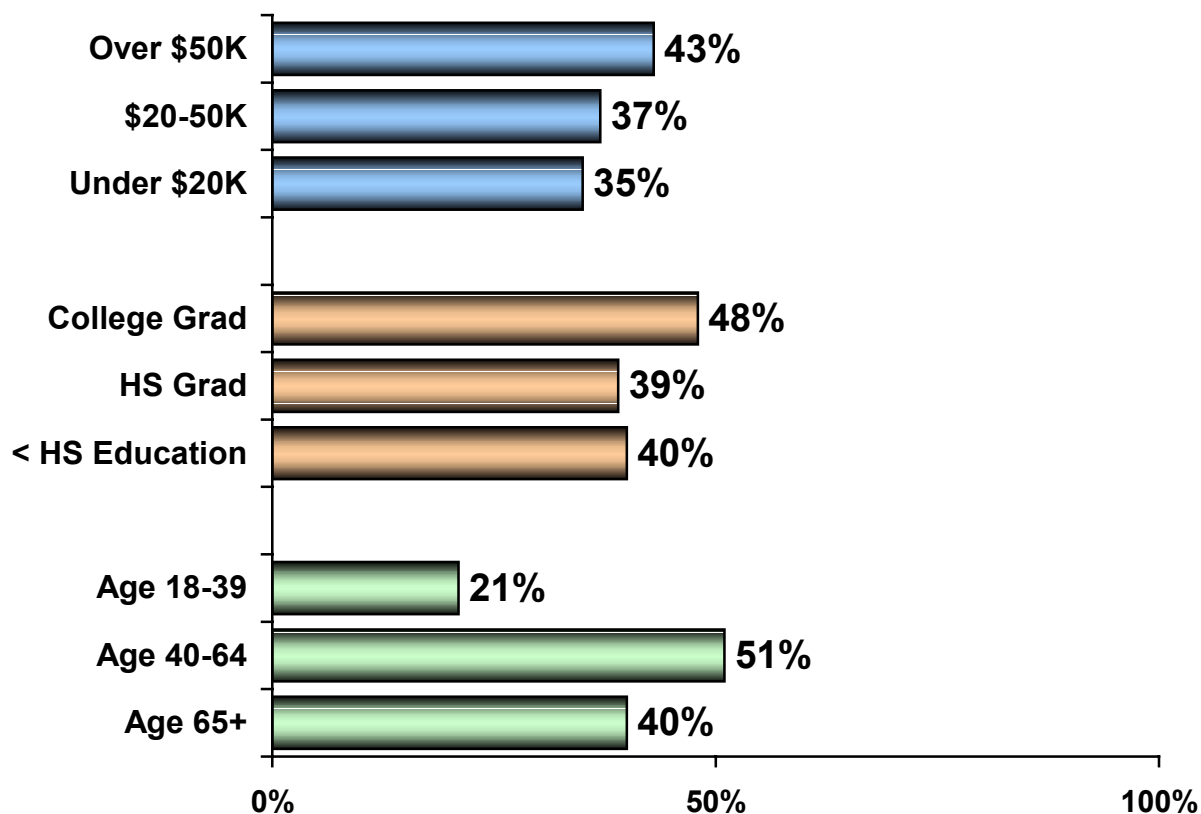
Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

At Risk: Those who answered “yes” are considered at risk.

Who's At Risk in Dallas County?

Forty-one percent of Dallas County adults have been given a high blood cholesterol diagnosis by a doctor. People age 40-64, people with higher incomes, and those with more education were more likely to report a high blood cholesterol diagnosis than others.

Have High Blood Cholesterol



Oral Health

Risk Factor Definition: Have Never Visited a Dentist

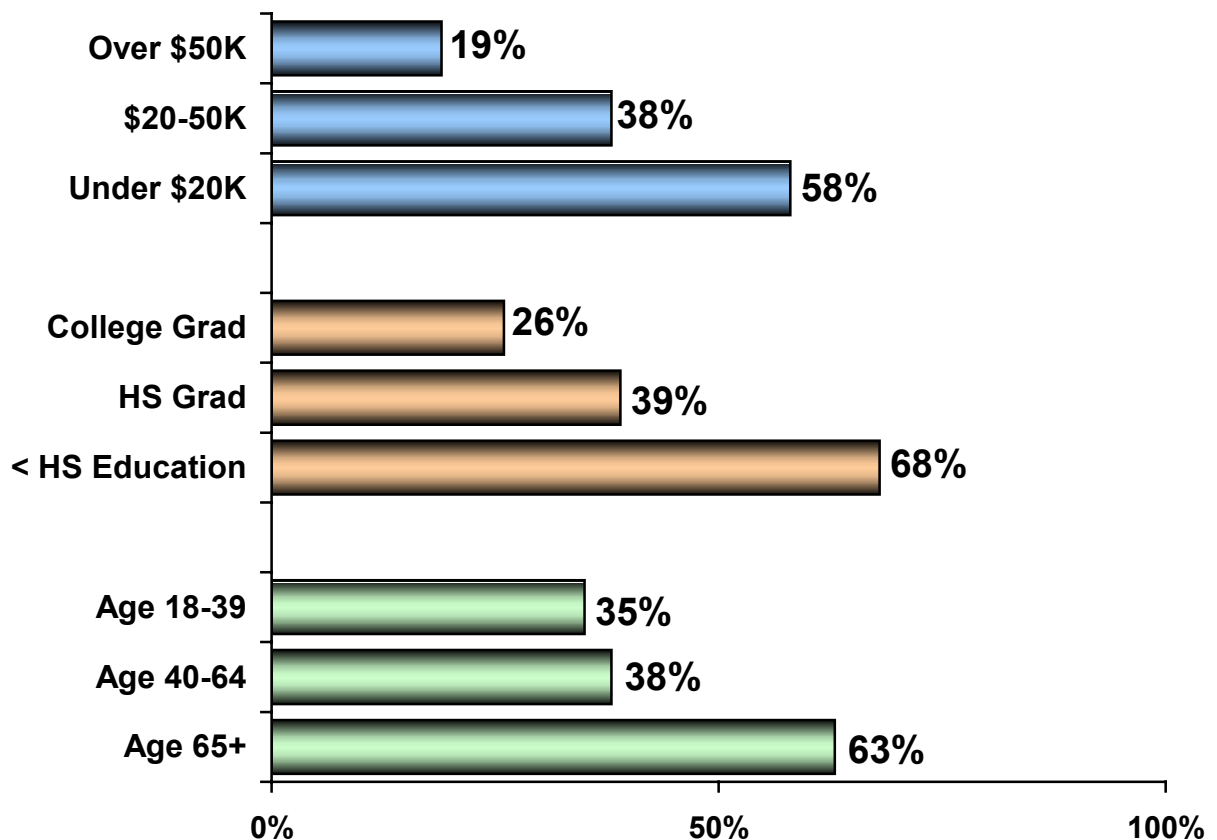
Question: How long has it been since you last visited a dentist or dental clinic for any reason?

At Risk: Those who said “never” or more than 1 year ago are considered at risk.

Who's At Risk in Dallas County?

Forty-three percent said they had not visited a dentist for any reason within the past year. Older people, people with incomes under \$20,000, and those with less than a high school education were more likely to report a not visiting a dentist in the past year than others.

Have Not Visited Dentist Within the Past Year



Questions regarding colorectal cancer screening were included in the Dallas County BRFSS survey.

Colorectal Cancer Screening

Risk Factor Definition: Over Age 50 and Never Been Screened

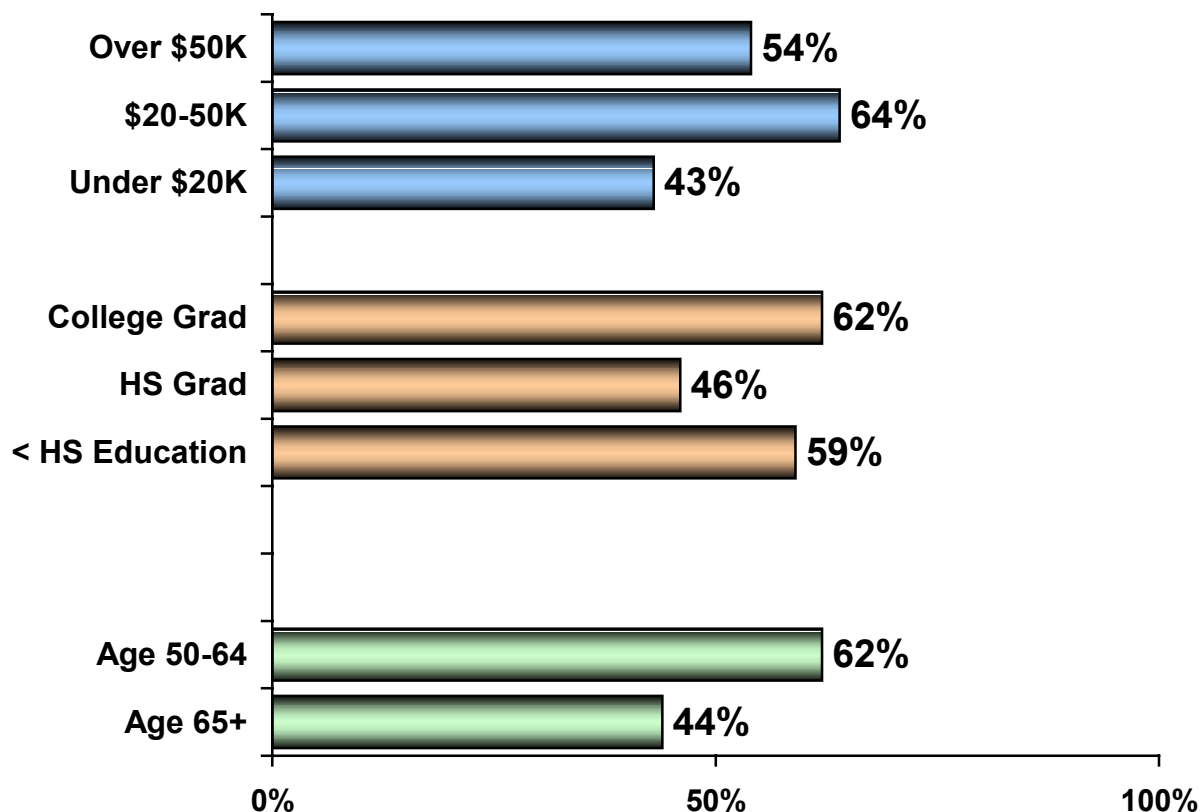
Question: Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the bowel for signs of cancer or other health problems. Have you ever had these exams?

At Risk: Those aged 50 and older who answered "no" are considered at risk.

Who's At Risk in Dallas County?

Fifty-three percent of Dallas County adults over age 50 have never been screened for colorectal cancer. People with middle incomes and those with a college education were more likely to report never having been screened than others.

Over Age 50, Never Been Screened



Immunization

Risk Factor Definition: No Flu Shot

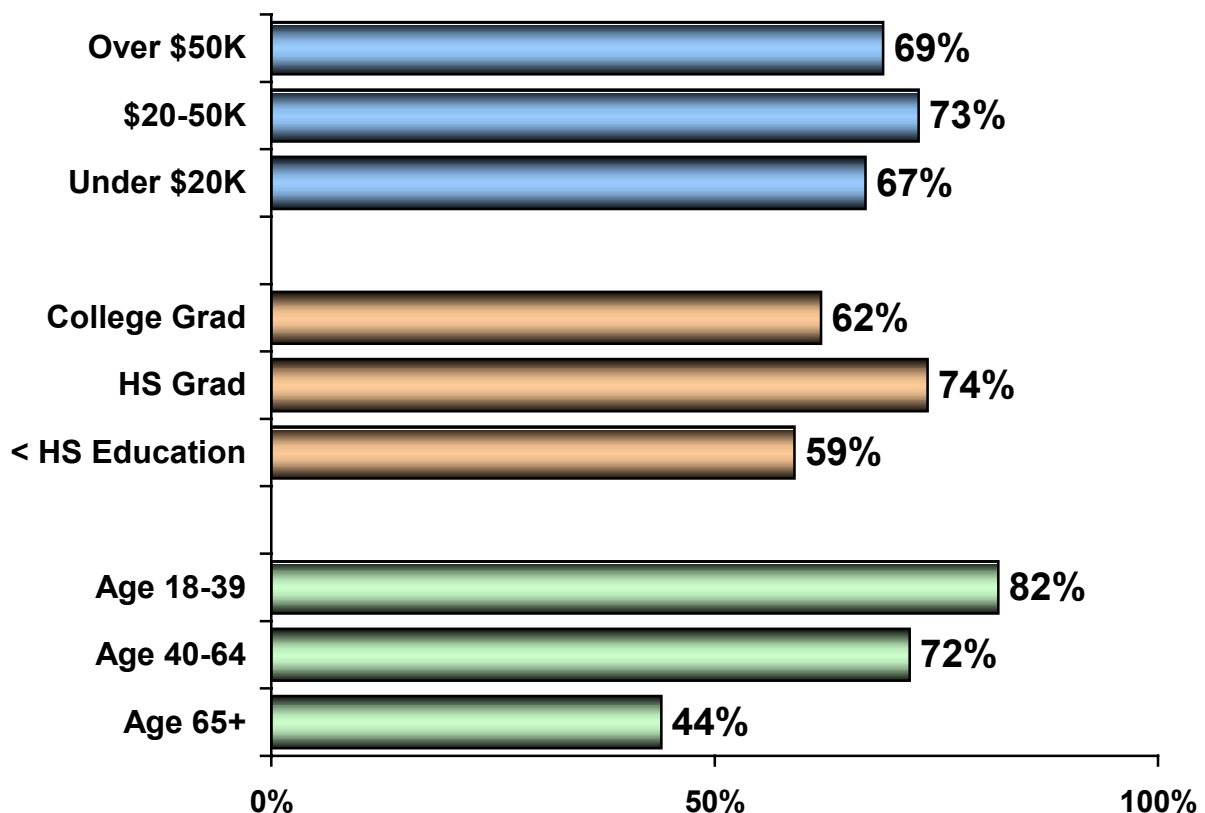
Question: During the past 12 months, have you had a flu shot?

At Risk: Those who answered "No" are considered at risk.

Who's At Risk in Dallas County?

Sixty-nine percent of Dallas County adults have not had a flu shot during the past 12 months. Younger people were more likely not to have had a flu shot during the past 12 months.

Have Not Had Flu Shot During Past 12 Months



Physical Activity

Questions about physical activity and exercise were asked to the Dallas County BRFSS survey participants.

Risk Factor Definition: Do Not Participate in Regular and Sustained Activity

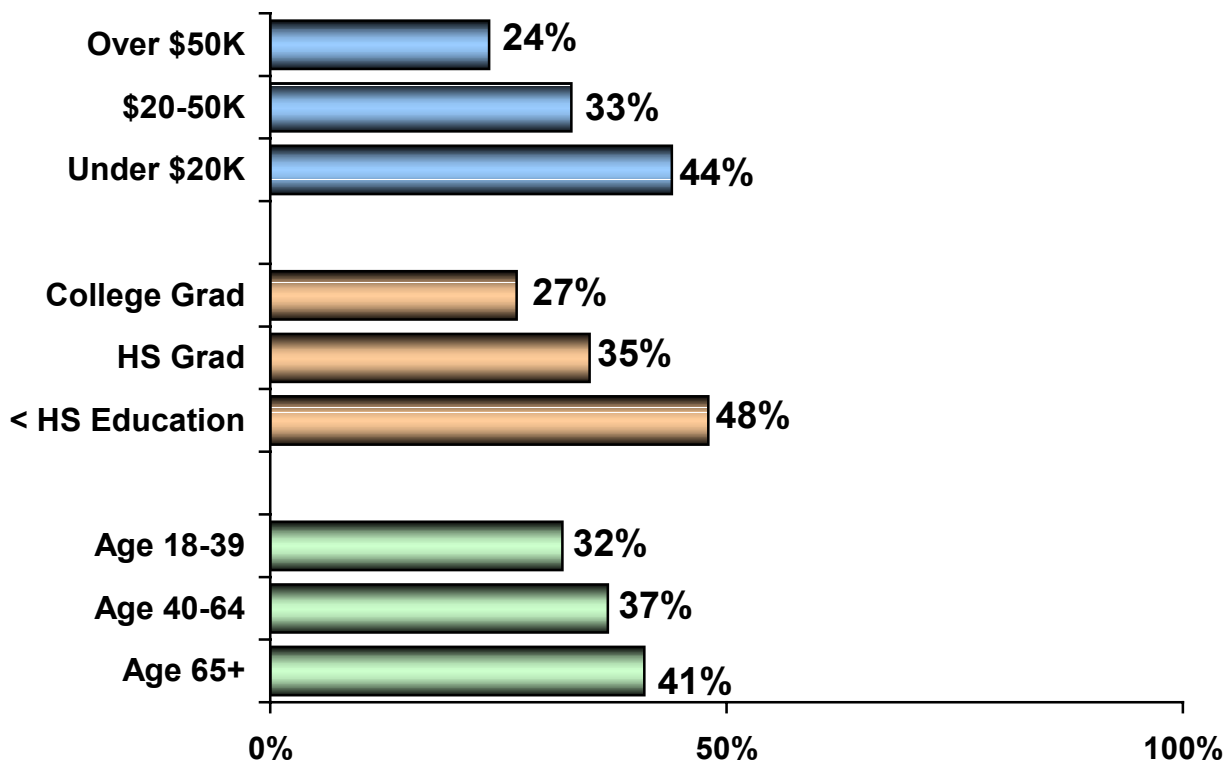
Questions: 1. During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

At Risk: Those who do not participate in any physical activity.

Who's At Risk in Dallas County?

Thirty-six percent of Dallas County's adult residents did not participate in physical activity during the past month. Younger people, people with more education, and those with higher incomes were more likely to get regular exercise.

Do Not Participate in any Physical Activity



Overweight

Risk Factor Definition: Overweight as Measured by Body Mass Index

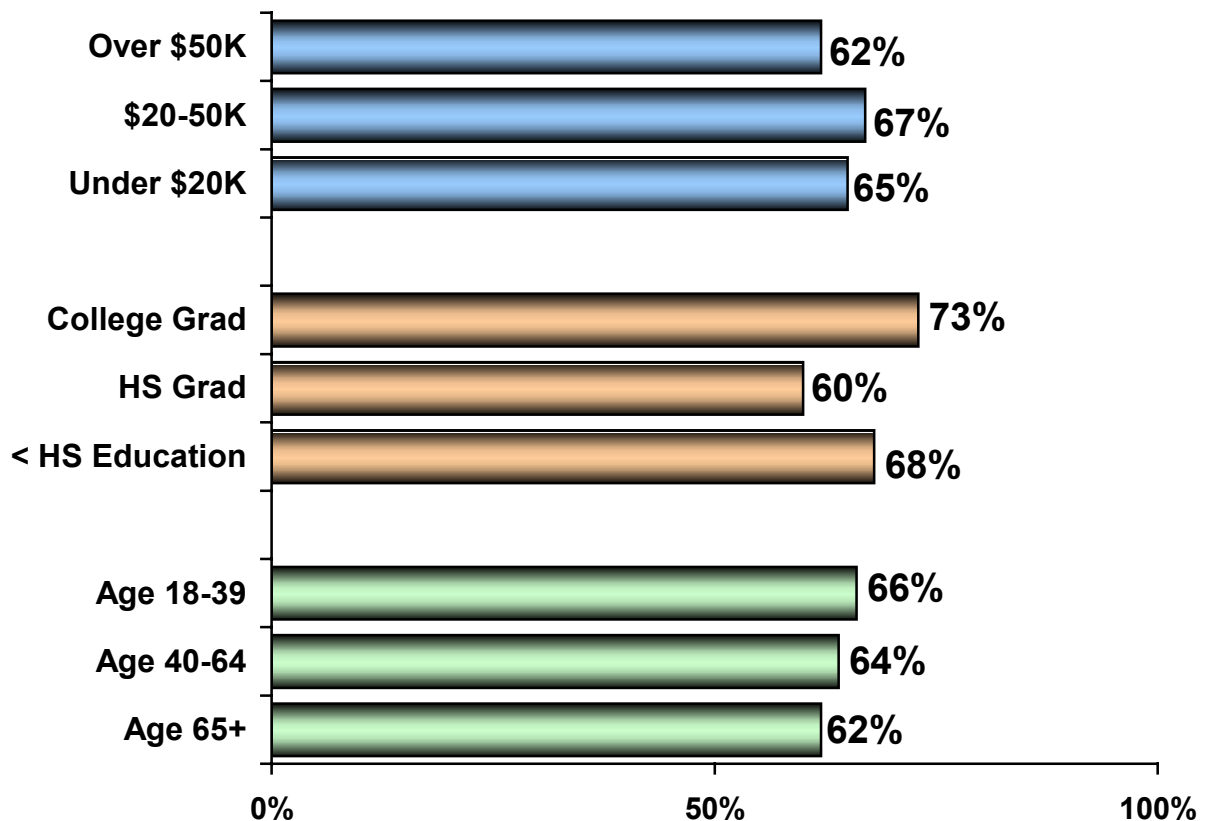
Questions: 1. How much do you weigh without shoes?
2. How tall are you without shoes?

At Risk: Those with a Body Mass Index (BMI) of greater than 25.0 are overweight.
BMI is a ratio of weight to height.

Who's At Risk in Dallas County?

Sixty-four percent of Dallas County's adults are overweight.

Were Overweight



Tobacco Use

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the household, and other tobacco use were asked as part of the Dallas County BRFSS.

Cigarette Smoking

Risk Factor Definition: Currently Smoke Cigarettes

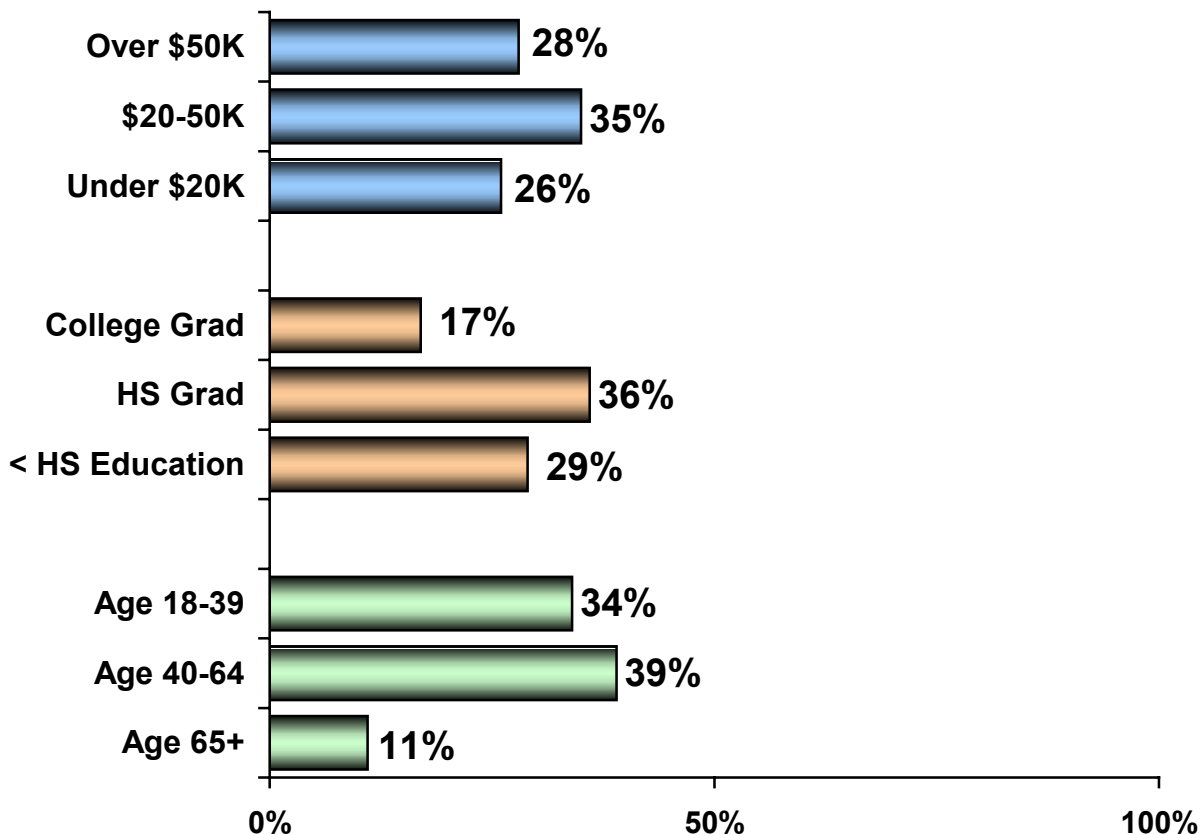
Question: Do you smoke cigarettes every day, some days, or not at all?

At Risk: Those who answered "every day" or "some days" are considered at risk.

Who's At Risk in Dallas County?

Thirty-one percent of the adults in Dallas County smoked cigarettes in the past month. People between the ages of 40 and 64, those with incomes between \$20,000 and \$50,000, and people with a high school education were more likely to smoke cigarettes.

Reported Current Cigarette Smoking



Cigarette Smoking Cessation

Risk Factor Definition: Smoking Cessation

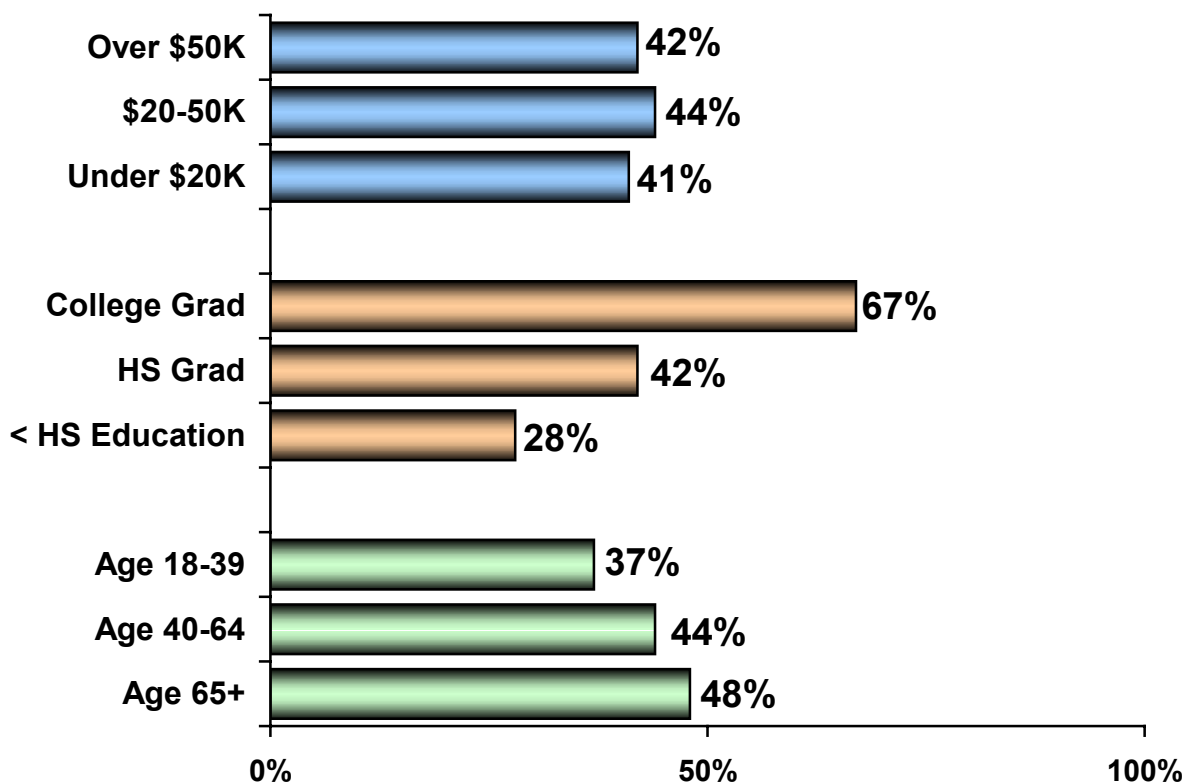
Question: During the past 12 months, have you quit smoking for one day or longer?

At Risk: **Of those who smoked in the past month**, people who answered “no” are considered at risk for continued cigarette smoking.

Who's At Risk in Dallas County?

Of the current adult smokers in Dallas County, forty-two percent had quit for at least one day in the past year. Younger smokers and smokers with less than a high school education were less likely to have a smokeless day in the past year.

Made No Quit Smoking Attempts At All in the Past 12 Months



Questions regarding alcoholic beverage consumption were asked to Dallas, Union, and Ouachita County BRFSS respondents. Due to the small sample size of respondents to this question, the results were combined for the three counties resulting in a more statistically significant analysis.

Alcohol Consumption

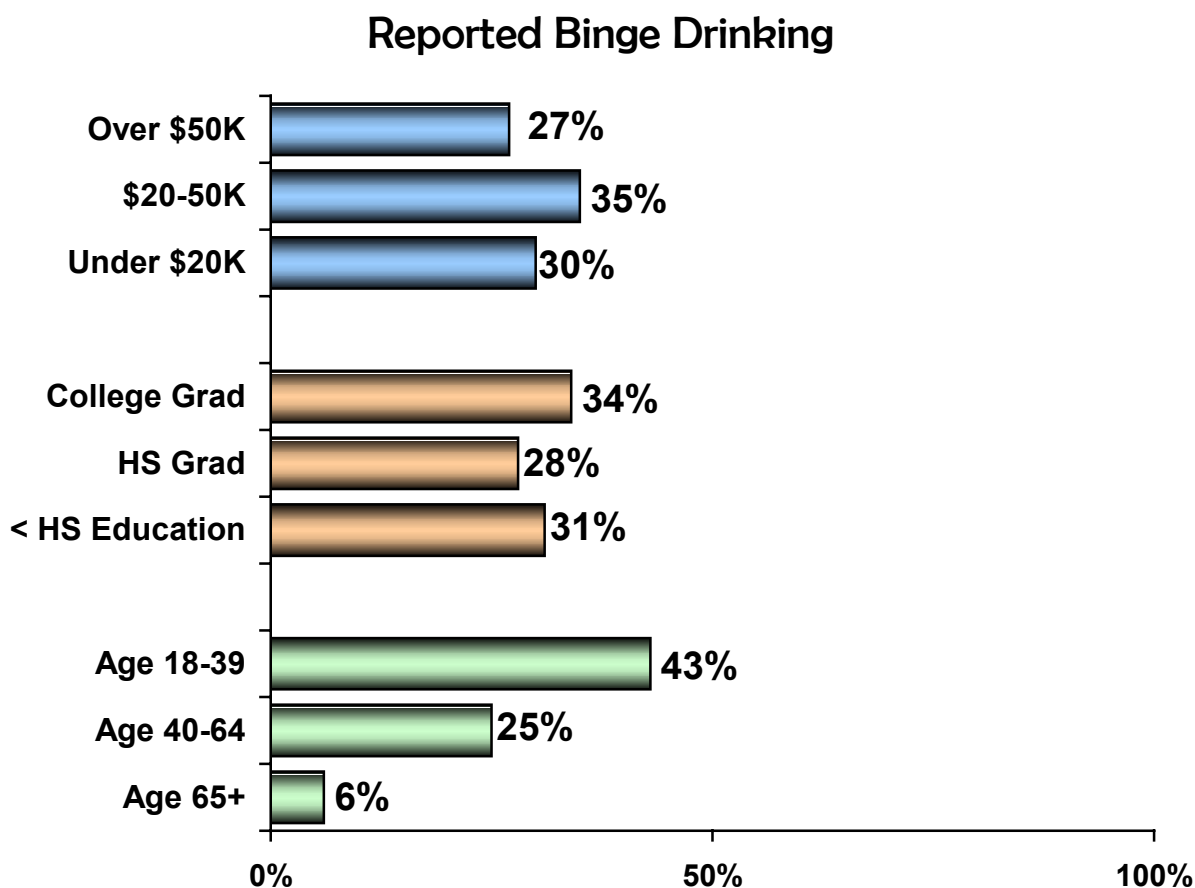
Risk Factor Definition: Binge Drinking

Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on an occasion?

At Risk: Those who had five or more drinks in a row on one or more occasions during the past month are considered at risk.

Who's At Risk in Dallas, Ouachita, and Union Counties?

Of those who reported drinking at least once in the past thirty days, thirty percent said they had consumed five or more drinks on at least one occasion in the past month. Younger people and people with college educations were more likely to report binge drinking.



Dallas County

Modules for
Heart Attack and Stroke, Cardiovascular
Disease,
And Weight Control

Heart Attack and Stroke

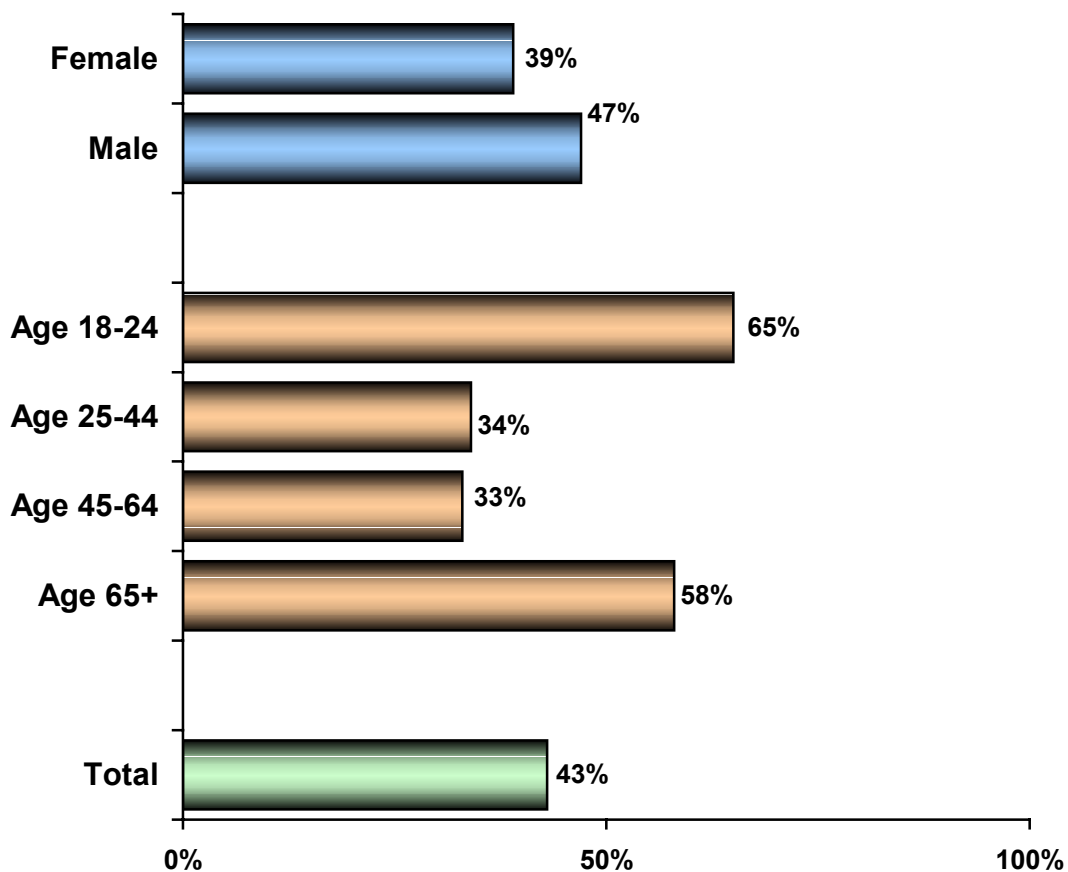
Who's At Risk in Dallas County?

Dallas County adults were asked questions regarding whether they recognized six common symptoms of a heart attack. Those symptoms included:

- Pain or discomfort in the jaw, neck, or back
- Feeling weak, lightheaded, or faint
- Chest pain or discomfort
- Vision trouble
- Pain or discomfort in the arms or shoulder
- Shortness of breath

Those who did not recognize at least five of these symptoms of a heart attack are considered at risk. Respondents age 65 and over and those between 18-24 years were least likely to recognize the symptoms of heart attack.

Recognized Four or Fewer Symptoms of A Heart Attack



Heart Attack and Stroke

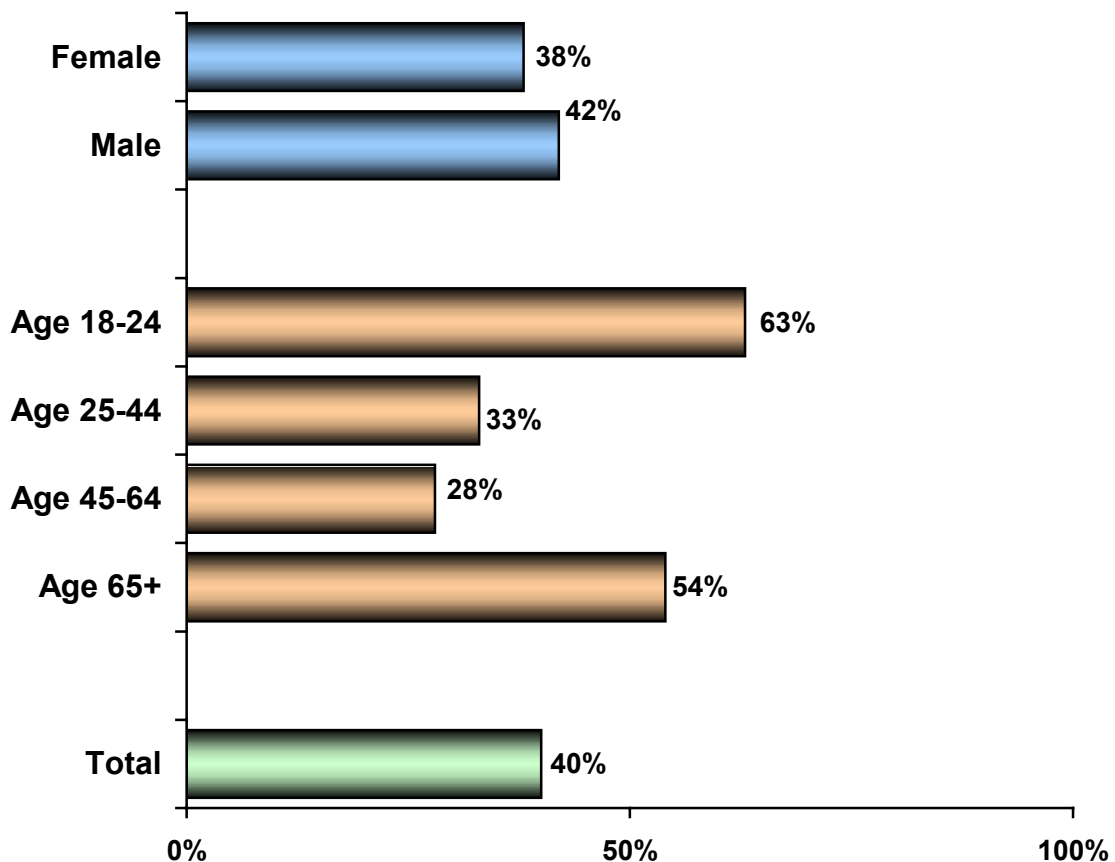
Who's At Risk in Dallas County?

Dallas County adults were asked questions regarding whether they recognized six common symptoms of a stroke. Those symptoms included:

- Sudden confusions or trouble speaking
- Sudden numbness or weakness of face, arm, or leg, especially on one side
- Trouble seeing
- Sudden chest pain or discomfort
- Sudden trouble walking, dizziness, or loss of balance
- Severe headache with no known cause

Those who did not recognize at least five of these symptoms of a stroke are considered at risk.

Recognized Four or Fewer Symptoms of a Stroke

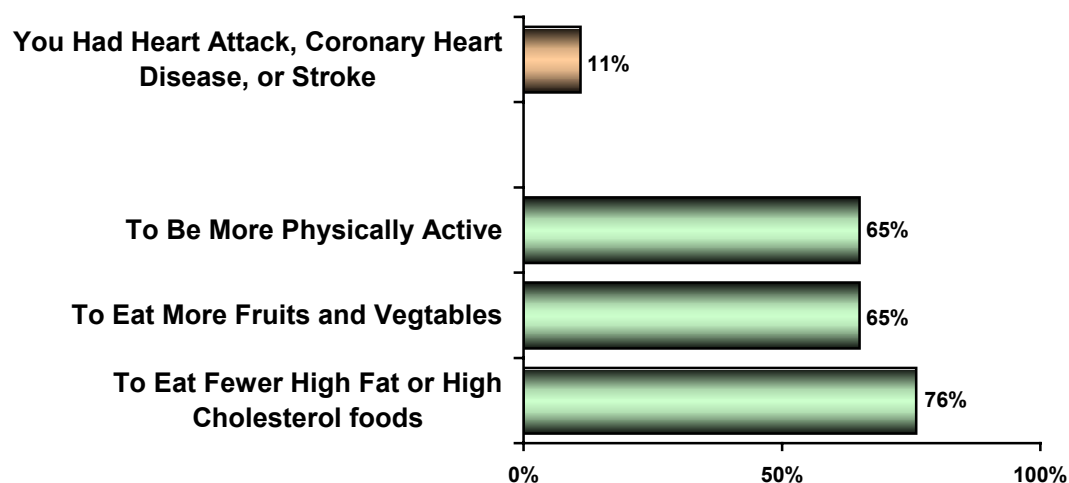


Cardiovascular Disease

Who's At Risk in Dallas County?

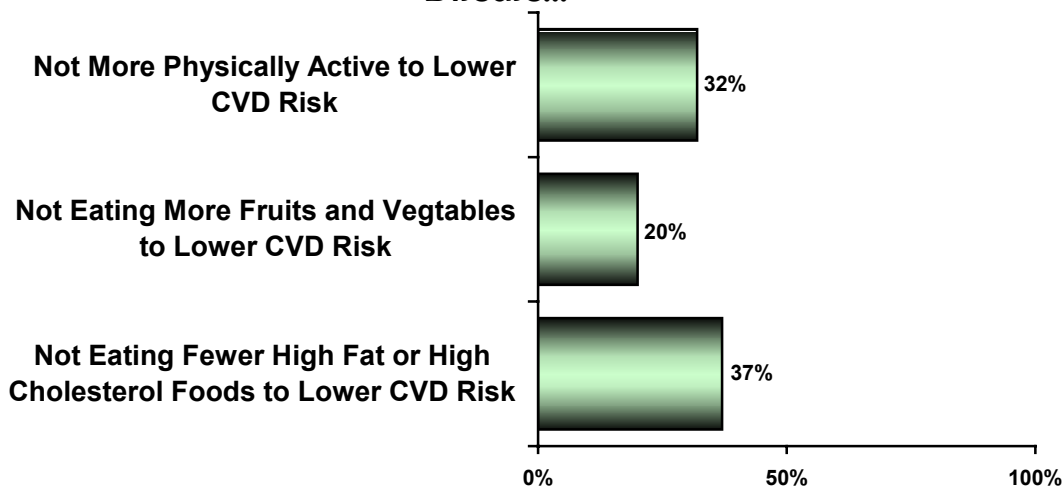
Dallas County residents were asked whether they had been given a cardiovascular disease diagnosis by a doctor or had been advised to take preventive measures to avoid cardiovascular disease.

Has A Doctor Ever Told You Any of the Following?



Dallas County adults were asked whether they were taking certain steps to lower their risk of developing heart disease or stroke.

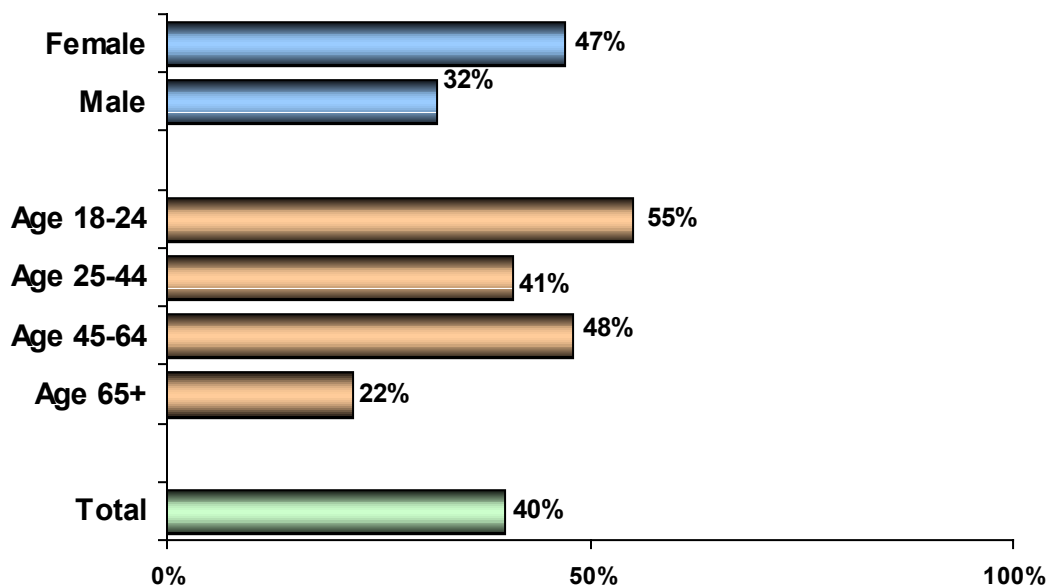
Not Taking Steps To Lower Risk of Developing Heart Disease...



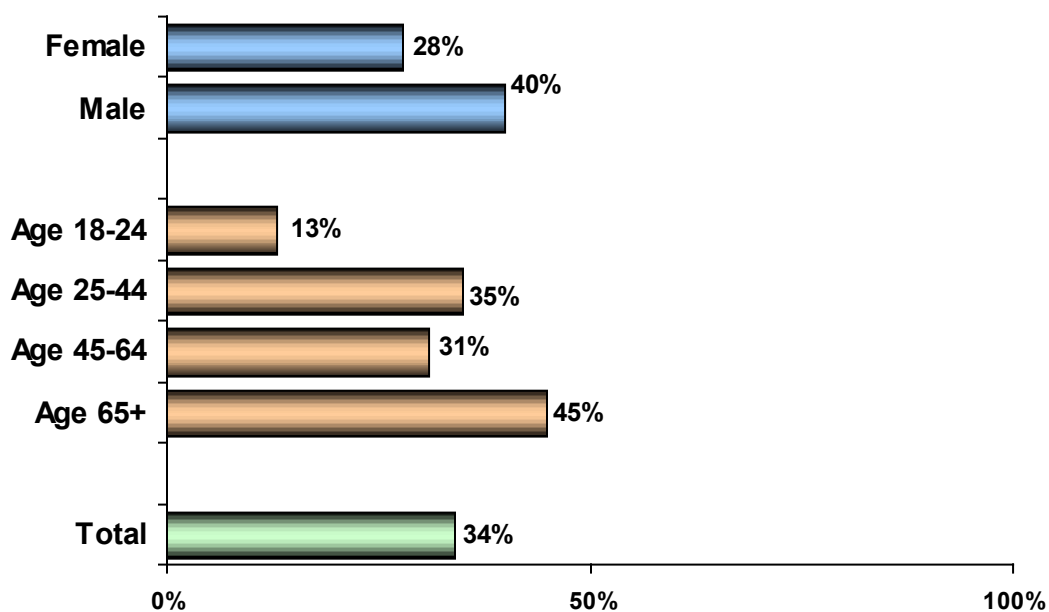
Weight Control

Dallas County adults were asked about whether they were trying to lose weight or maintain their current weight. Although 64% of Dallas County adults were overweight, only 40% were trying to lose weight.

Trying to Lose Weight



Trying to Maintain Current Weight

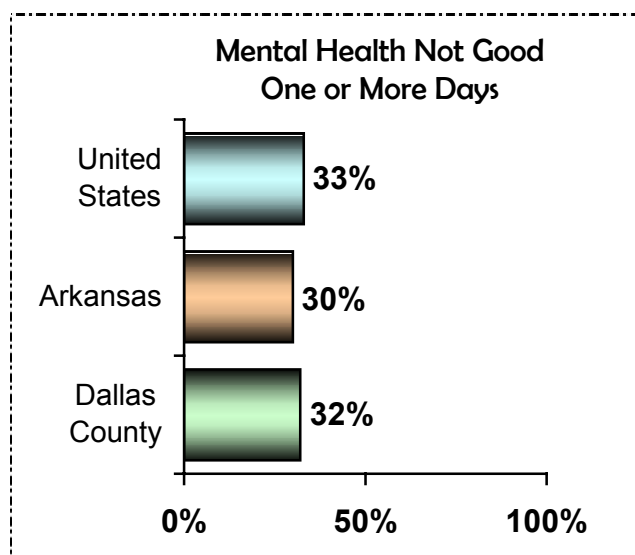
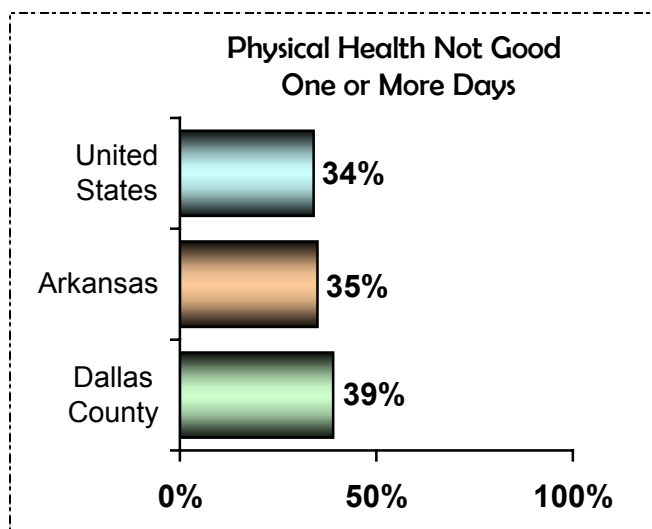
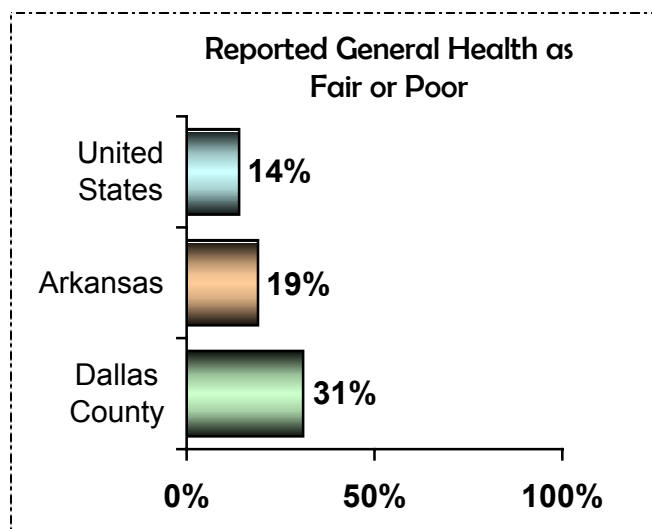


Dallas County, Arkansas, and United States BRFSS Data Compared

How Does Dallas County Compare?

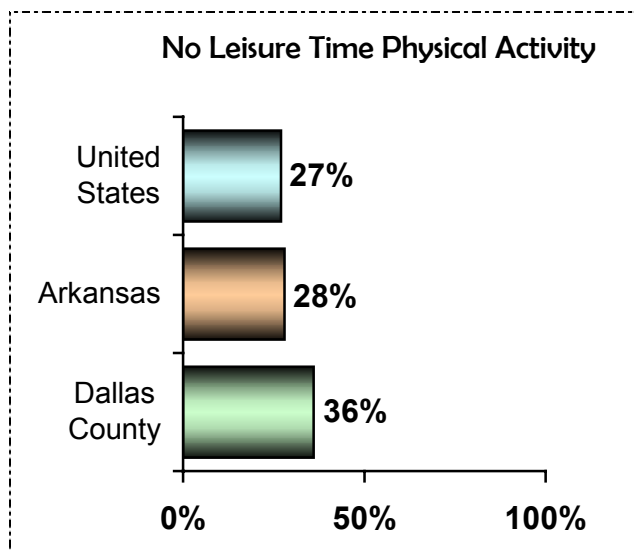
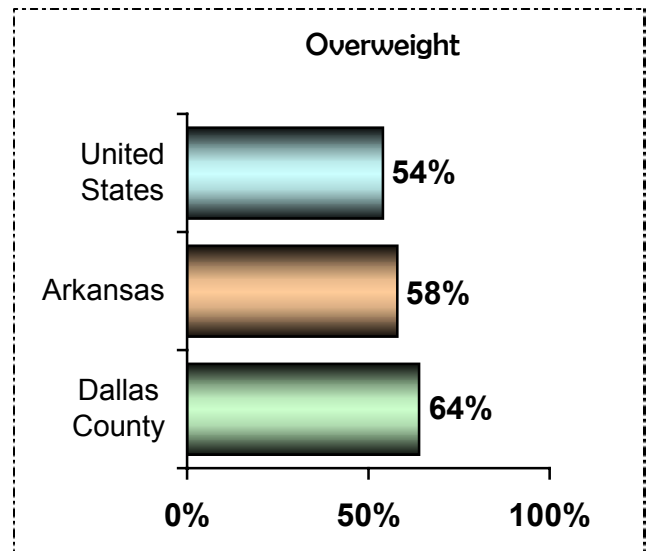
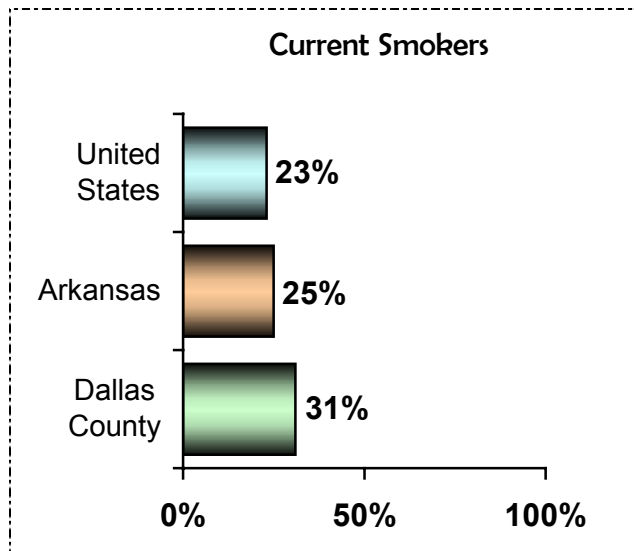
In order to determine Dallas County's adult health strengths and weaknesses, its BRFSS data was compared to state and nationwide data from the 2000 BRFSS.

Health Status



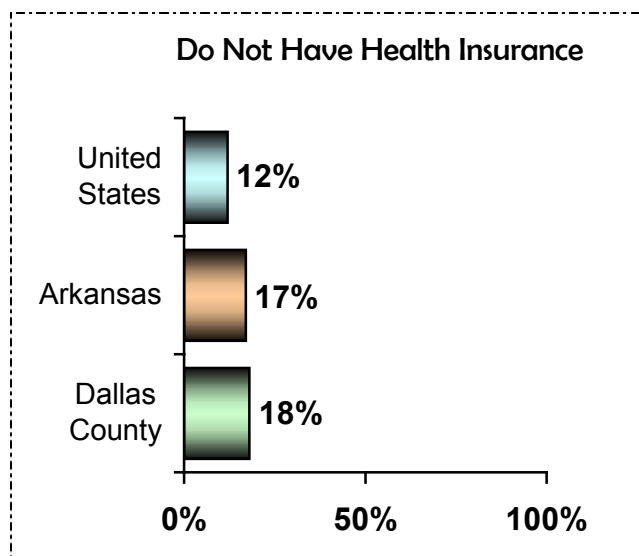
While Dallas County, adults reported their general health to be fair or poor more often than the rest of the nation and more of them reported their physical health was not good one or more days, slightly less reported "not good" mental health on one or more days during the past month compared to the rest of the nation.

Health Habits



Dallas County's numbers are higher than the national prevalence figures and Arkansas'.

Health Care Access and Routine Health Screenings



Dallas County has a high percentage of uninsured adults.

Appendix

Hometown Health BRFSS Survey Questions

The following questions were administered as part of the Hometown Health BRFSS. The interviews were conducted by telephone, so a telephone interview script was used by the telephone interviews complete with notes and instructions regarding skipping certain questions, etc. Interested parties can obtain a complete copy of the script used to conduct the interview from their local Hometown Health leaders.

Section 1: Health Status

- 1.1. Would you say that in general your health is excellent, very good, good, fair or poor?
- 1.2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
- 1.3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
- 1.4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

Section 2: Health Care Access

- 2.1. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?
- 2.2. What type of health care coverage do you use to pay for most of your medical care?
- 2.3. There are some types of coverage you may not have considered. Please tell me if you have any of the following (list of insurance plans).

Section 3: Exercise

- 3.1. During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

Section 4: Hypertension Awareness

- 4.1. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure.
- 4.2. Are you currently taking medicine for your high blood pressure?

Section 5: Cholesterol Awareness

- 5.1 Have you ever had your blood cholesterol checked?
- 5.2 About How long has it been since you had your blood cholesterol checked?
- 5.3 Have you ever been told by a doctor, nurse, or other health professional; that your blood cholesterol is high?

Section 7: Diabetes

- 7.1. Have you ever been told by a doctor that you have diabetes?

Section 9: Immunization

- 9.1. During the past 12 months, have you had a flu shot?
- 9.2. Have you ever had a pneumonia shot?

Section 10: Tobacco Use

- 10.1. Have you smoked at least 100 cigarettes in your entire life?
- 10.2. Do you now smoke cigarettes everyday, some days, or not at all?
- 10.3. On the average, about how many cigarettes a day do you now smoke?

Section 11: Alcohol Consumption

- 11.1 A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or shot of liquor. During the past 30 days, how often have you had at least one drink of any alcoholic beverage?
- 11.2 On the days when you drank, about how many drinks did you drink on the Average?
- 11.3 Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on a occasion?

Section 13: Demographics

- 13.1. What is your age?
- 13.2. Are you Hispanic or Latino?
- 13.3. Which one or more of the following would you say is your race?

- 13.4. Which one of these groups best represent your race?
- 13.5. Are you married, divorced, widowed, separated, never been married, or a member of an unmarried couple?
- 13.6. How many children less than 18 years of age live in your household ?
- 13.7. What is the highest grade or year of school you completed?
- 13.8. What is your current employment status?
- 13.9. What is your annual household income from all sources?
- 13.10. About how much do you weigh without shoes?
- 13.11. About how tall are you without shoes?
- 13.12. What is your ZIP Code?
- 13.13. Do you have more than one telephone number in your household?
- 13.14. How many residential telephone numbers do you have?
- 13.15. How many adult members of your household currently use a cell phone for any purpose?
- 13.16. Indicate sex of respondent. (Ask Only if Necessary)
- 13.17. To your knowledge, are you now pregnant?
- Q10.15a. Has your regular home telephone service been disconnected in the last 12 months?
- Q10.15b. In the past 12 months, about how many months in total were you without a working home telephone? (Do not count cell phones)

Section 15: Physical Activity

- 15.1. When you are at work, which of the following best describes what you do?
- 15.2. Now thinking about the moderate physical activities you do (when you are not working) if "employed" or "self-employed" in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?
- 15.3. How many days per week do you do these moderate activities for at least 10 minutes at a time?
- 15.4. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

- 15.5. Now thinking about the vigorous physical activities you do (when you are not working) if "employed" or "self-employed" in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?
- 15.6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
- 15.7. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Section 17: Colorectal Cancer Screening

- 17.1 A blood stool test is a test that may use a special kit at home to determine whether stool contains blood. Have you ever had this test using a home kit?
- 17.2 How long has it been since you had your last blood stool test using a home kit?
- 17.3 Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other problems. Have you ever had these exams?
- 17.4 How long has it been since you had your last Sigmoidoscopy or colonoscopy?

County Selected Modules

Module 4: Health Care Coverage and Utilization

- 1. What is the main reason you are without health care coverage?
- 1a. What was the main reason you were without health care coverage during the past 12 months?
- 2. Is there one particular clinic, health center, doctor's office, or other place that you usually go to if you are sick or need advice about your health?
- 3. Is there one of these places that you go to most often when you are sick or need advice about your health?
- 4. What kind of place is it? (Doctor's office, clinic health center, etc.)
- 5. Do you have one person you think of as your personal doctor or health care provider?

Module 6: Oral Health

1. How long has it been since you last visited a dentist or a dental clinic for any reason?
2. How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics.
3. How long has it been since you had your teeth cleaned by a dentist or dental hygienist?
4. What is the main reason you have not visited the dentist in the past year?
5. Do you have any kind of insurance coverage that pays for some or all of your routine dental care, including dental insurance, prepaid plans such as HMOs, or government plans such as Medicaid?

Module 8: Heart Attack and Stroke

1. Which of the following do you think is a symptom of a heart attack. For each, tell me yes, no, or you're not sure.
2. Which of the following do you think is a symptom of a stroke. For each, tell me yes, no, Or you're not sure.
3. If you thought someone was having a heart attack or a stroke, what is the first thing you would do?

Module 9: Cardiovascular Disease

1. To lower your risk of developing heart disease or stroke, are you....
 - a. Eating fewer high fat or high cholesterol foods?
 - b. Eating more fruits and vegetables?
 - c. More physically active?
2. Within the past 12 months, has a doctor, nurse, or other health professional told you to...
 - a. Eat fewer high fat or high cholesterol foods?
 - b. Eat more fruits and vegetables?
 - c. Be more physically active?
3. Has a doctor, nurse, or other health professional ever told you that you had any of the following?
 - a. A heart attack, also called a myocardial infarction
 - b. Angina or coronary heart disease
 - c. A stroke

4. At what age did you have your first heart attack?
5. At what age did you have your first stroke?
6. After you left the hospital following your **[fill in (heart attack) if "yes" to Q3a or to Q3a and Q3c; fill in (stroke) if "yes" to Q3c and "no" to Q3a]**, did you go to any kind of outpatient rehabilitation?
7. Do you take aspirin daily or every other day?
8. Do you have a health problem or condition that makes taking aspirin unsafe for you?
9. Why do you take aspirin?

Module 11: Weight Control

1. Are you now trying to lose weight?
2. Are you now trying to maintain your current weight, that is to keep from gaining weight?
3. Are you eating either fewer calories or less fat to...
lose weight?
keep from gaining weight?
4. Are you using physical activity or exercise to...
lose weight?
keep from gaining weight?
5. How much would you like to weigh?
6. In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight?

-End of Survey-